



Teens in Medina County Spoke Up on Issues that Affect Them and Their Peers....

and We Listened!

A Report from Living Well Medina County,
as a result of the Medina County Community Needs Assessment 2012,
Medina County Community Health Improvement Plan 2013,
and the United Way of Medina County's E4 Youth Summit 2014.



Purpose of this Report: Summarizing Youth Data and Youth Initiatives

The purpose of this report is to document the timeline, milestones of activities, and outcomes focused on youth due to the activities of Living Well Medina County. Key milestones include:

- May 2011: Medina County leaders attended a workshop about community needs assessment and data collection.
- Fall 2011: Meetings held to discuss data collection; and Living Well Medina County (LWMC) coalition formed.
- January 2012: Data collection begins for Adults, Youth, and Children.
- May 2012: Data collection completed.
- September 2012: Data released at community event.
- January 2013: Medina County Community Health Improvement Plan (CHIP) adopted by LWMC Stakeholders.
- May 2013: Community forum held to identify top priorities from CHIP; Two priorities from CHIP chosen to focus on for Medina County - 1) Youth and 2) Lower Income Families
- Throughout 2013: Community agencies implement variety of programs based on CHIP.
- February 2014: United Way of Medina County holds the E4 Youth Summit and includes focus groups with teens from throughout the county.
- Throughout 2014: Programs initiated based on findings from data and focus groups (see pages 7-8 for details).
- January - March 2015: Youth asset inventory finalized.
- July 2015: This report finalized.

Thank you to the public and home school students, schools, and agencies from throughout the county who participated in our data collection activities, including: the data collection survey in 2012, the Youth Summit in 2014, and the Youth Asset Inventory in 2015.

A special thanks to the administrators and families who supported these activities.



Inside this Report:

What Teens Said - Results of Community Needs Assessment (2012) and E4 Youth Summit (2014) Pages 3 - 4

What Teens Brainstormed - Innovative Ideas Generated by Teens (2014) Pages 5 - 6

What We Did - Programs that were expanded and developed as a result of the findings from the assessment and summit Pages 7 - 10

Medina County Assets (2015) Pages 11 - 12

Programs that Work - Evidence-based strategies for adolescent health Pages 13 - 14

What Teens Said: Part of the Problem

Living Well Medina County, the coalition to commission the Community Needs Assessment in 2012, identified **Youth Mental Health & Suicide** as a priority in the Medina County Community Health Improvement Plan 2013.



17% of Medina County youth reported they had seriously considered attempting suicide in the past 12 months. ¹

Medina County youth reported the following causes of anxiety, stress and depression ¹:

Academic success (41%)

Death of close family member or friend (14%)

Fighting with friends (31%)

Parent divorce/separation (11%)

Sports (26%)

Poverty/no money (9%)

Fighting at home (25%)

Caring for younger siblings (8%)

Dating relationship (22%)

Parent lost their job (5%)

Other stress at home (25%)

Alcohol or drug use at home (5%)

Peer pressure (19%),

Ill parent (4%)

Breakup (17%)

Family member in the military (3%)

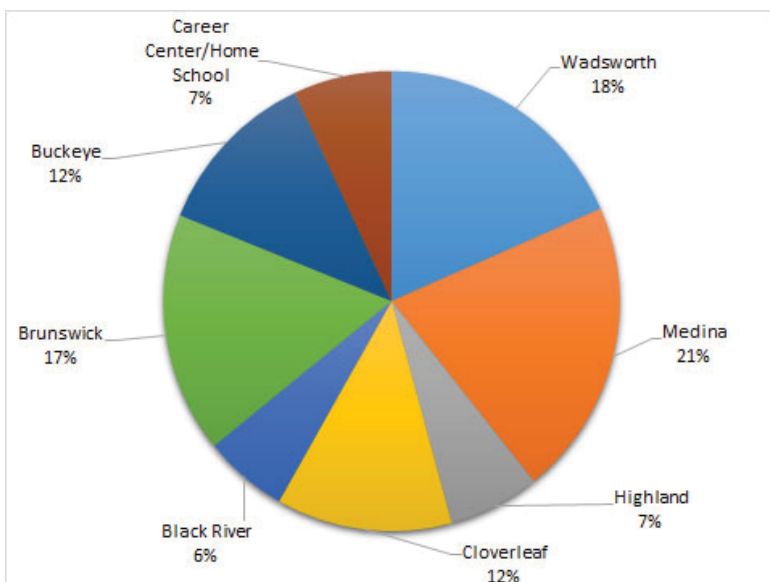
What Teens Discussed: E4 Youth Summit



As a result of the assessment, the United Way of Medina County planned a youth-focused summit. For two days in February 2014, more than 200 Medina County high school students filled Westfield Insurance's Blair Center. These students participated in the inaugural E4 Youth Summit (Engage, Educate, Equip and Empower). This special opportunity was planned to make their voices heard, feel the support of the community, and learn important lessons in civic engagement and problem-solving using the Appreciative Inquiry approach.

On the first day of the summit, students were divided into focus groups of eight, based on answers from their E4 Youth Summit applications. Each group was facilitated by one trained adult volunteer and one trained student volunteer from the 2014 Junior Leadership Medina County class. Participants shared stories of overcoming adversity, identified areas for positive change in their school or community, and worked on creating a shared vision for their future. The focus groups then completed a questionnaire facilitated by Lorain Community College.

E4 Summit Student Attendees by School



The following 6 general themes emerged as concerns:

- 1. Too Much Pressure**
- 2. Bullying**
- 3. Lack of Caring, Trustworthy, Approachable Adults**
- 4. Social Media Use**
- 5. Depression and Suicide**
- 6. No Outlets for Youth**

What Teens Brainstormed: Innovative Ideas for Their Schools and Communities



Below are the specific programs students designed that reflect these areas during Day Two. After students created their vision, they presented their ideas to the entire group.

	1. Peer to Peer Mentoring	2. Business Mentoring
Black River	<p>Student Board</p> <p>Class representatives having a voice within the district</p>	<p>School Newspaper</p> <p>Report on school activities & conduct student interviews</p>
Brunswick	<p>Brunswick Teens United</p> <p>Monthly events with time after to talk. Whisper Box</p>	<p>Professionals of Tomorrow</p> <p>Jr. & Sr. pair with local business leaders for monthly mentoring and skill building sessions for help with career discernment</p>
Buckeye	<p>Peer Center (Olweus)</p> <p>National Anti-bullying program. Student facilitated</p>	<p>Community Shindig</p> <p>High school event sponsored by local businesses, playing games, having fun.</p> <p>School speaker once a quarter</p>
Cloverleaf	<p>Colt Force</p> <p>Each month brings awareness to important topic, designed to educate & positively influence</p>	<p>Levy Support</p> <p>Educating the community and rallying support to pass levy.</p>

At the end of Day One of the E4 Summit, students voted on several different initiatives to bring to their school (source: United Way)

The three ideas with the most votes were:

- 1. Peer to Peer Mentoring**
- 2. Business Mentoring**
- 3. County-wide event**



Below are the specific programs students designed that reflect these areas during Day Two. After students created their vision, they presented their ideas to the entire group.

	1. Peer to Peer Mentoring	2. Business Mentoring
Highland	<p>Know, 1 Cares</p> <p>Student supporting each other through monthly assemblies with speaker followed by small group discussion</p>	The Hornets' Nest
Medina	<p>Bee Connected</p> <p>Group of 4, one from each class offering support and friendship throughout high school years. Meet weekly to plan monthly activities.</p>	<p>Medina United</p> <p>4 Events per year: 2 fun, 1 volunteer, 1 business outreach. Students only. Activities, bands, teen nights on square</p>
Wadsworth	<p>Team SuPEERior</p> <p>Beginning of year kick off, mixed grade small group pairings with advisor to support students throughout the year.</p>	<p>Wadsworth Involvement Initiative</p> <p>Involve community with school through community service. Offer different volunteer opportunities</p>

3. The county-wide event known as Unity in the Community, organized by United way, was held June 12, 2015 at the Medina County Fairgrounds.

What We Heard: **What We Did**

Since collecting data in 2012, Medina County social service agencies, schools, and partners have listened, collaborated, implemented, and even expanded programs to support Medina County youth. The following highlights some of those programs and is not intended to be an exhaustive list of all programs available to youth.

Additionally, each school has implemented programs for youth in their districts. Many were developed by students.

We encourage you to visit your school district's website for more information:

Brunswick City Schools
www.brunswickschools.org

Buckeye Local Schools
www.buckeye.k12.oh.us

Black River Schools
www.blackriver.k12.oh.us

Cloverleaf Schools
www.cloverleaflocal.org

Highland Local Schools
www.highlandschools.org

Medina City Schools
www.medinabees.org

Wadsworth Schools
www.wadsworth.k12.oh.us

Alternative Paths

www.alternativepaths.org

- *School-based counseling program:* Implemented in Buckeye Local Schools in partnership with United Way of Medina County.
- *Crisis Intervention:* Staff have worked closely with school districts to address children in crisis referred by the schools. Schools may send students to AP for a crisis assessment for “clearance” to return to school.
- *Panel Discussion:* Staff have been utilized for panel discussion with school personnel to address issues relating to youth suicide prevention and crisis intervention

Cornerstone Psychological Services

www.cornerstonenews.com

- *WOW – Wellness of Wadsworth:* This is a joint program of Salvation Army and Cornerstone Psychological Services offered to the students of Wadsworth City Schools. The program will address social and mental health issues of students who may be experiencing thoughts of suicide or responding to other stresses. The program will offer wrap-around services not only to the youth, but also to the entire family. The goal is to provide students with positive, effective coping skills and to incorporate families in the development of healthy solutions.
- *Partner with School Counselors:* Staff work with school counselors to provide quick access to mental health services and clearance to return to school and work for students in crisis.
- *Crisis Response Teams:* Staff serve on the Medina County Crisis Response Team and Medina County Schools’ Crisis Response Team to provide crisis assistance following a tragedy to provide support, referral, and prevention.

Imagine Peace

- *PEACEFUL PLACES Program:* Peaceful Places Program adopted as “Class Project” by Leadership Medina Class of 2014; Began implementation of pilot program in Medina, Seville, and Lodi.
- *MCPal Program for Teen girls:* Partnered with Montville Township Police, Medina County Public Library, Cups Café, and Cornerstone Wellness Center to provide a 6-week program addressing social and friendship skills for local teens.
- *Imagine HOPE, Love, Peace Music Festival:* Held July 2014 - Medina Public Square. Seven local bands played music and two local artists displayed their artwork. Games, food, information on violence and suicide prevention and chalk art were enjoyed by families.
- *“Make it Orange, Make it End”:* Teens at Medina Public Library created banner and displayed on Medina Public Square for Unity Week in October 2014.
- *Olweus Bullying Prevention Program:* Worked with Buckeye Local Schools Superintendent’s Office to gather information and proposals for implementation in school district.
- *Project You are Loved:* Provided awareness training and educational materials for student led organization to promote positive and caring behaviors at Brunswick High School.



What We Heard: What We Did

Medina County Coalition to Prevent Suicide **www.alternativepaths.org**

- *Youth Suicide Prevention Video Contest:* Student contest held during 2013-14 & 2014-15 school years.
- *Suicide Prevention Walks:* Participation in National Suicide Prevention Out of the Darkness Walk 2014 and local suicide prevention walk in 2015 with a more local focus
- *Mental Health and Addiction materials:* Resource packets are now being distributed through county emergency rooms for patients that present with such needs for referral information

Medina County Drug Abuse Commission, programs funded by the Anti-Drug Levy **www.mcdac.com**

- *H.U.D.D.L.E. or Peer Leadership:* Programs in all Medina County School Districts offers Juniors and Seniors an opportunity to commit to living a drug-free life and sharing that message with younger students
- *Drug Prevention Specialists:* All School Districts offer evidenced-based alcohol, tobacco, and drug prevention programs
- *Professional Clinical Counselor at the Medina County Career Center:* Offers individual intervention and group support
- *D.A.R.E. Officers and D.A.R.E. Programs:* In Buckeye, Cloverleaf, and Highland School Districts offering Juniors and Seniors leadership and mentoring opportunities
- *F.A.C.T. Brunswick :* Provides approximately 900 hours of drug prevention activities in Brunswick, Buckeye, and Highland School Districts
- *F.A.C.T. Spencer:* Offers students in Spencer and Lodi an after school program for mentoring and support.
- *Medina County Share Cluster:* Offers 9th graders from Medina County School Districts an "Extreme Challenge" or Ropes Course, which is a variety of team building exercises to increase self-esteem and social skills

Medina County Catholic Charities **<http://ccdocle.org/county-served/medina>**

- *School-based Counseling Programs:* In Willetts Middle School through the FACT program in Brunswick
- *Prevention Programs:* In Medina and Brunswick

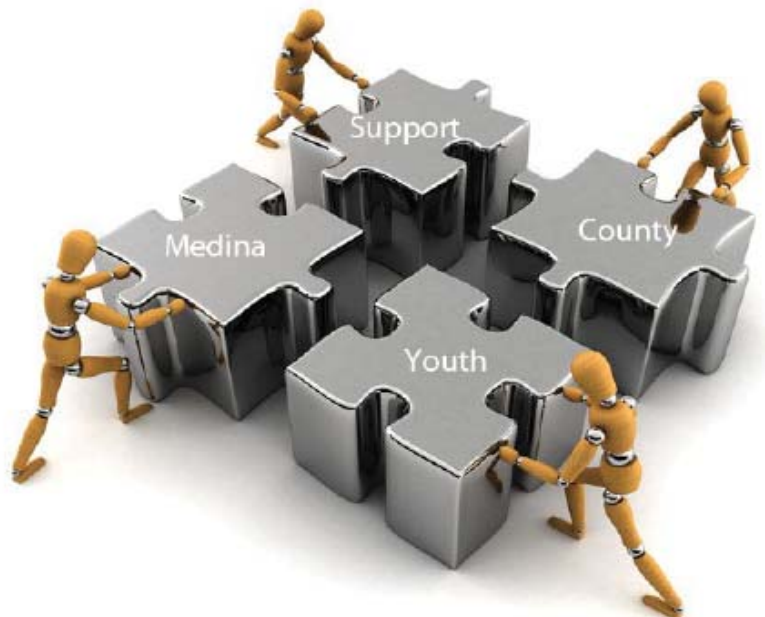


Solutions Behavioral Healthcare, Inc.
www.solutionsbh.org

- **Youth Resiliency Program:** In partnership with the United Way, initiated a program to develop resiliency in youth. The resiliency programs are in two school districts (Medina, Wadsworth) and encompass five schools. Wadsworth district- central intermediate, middle school, high school and Medina district - A.I. Root middle school and Clagget middle school. This project also services the Medina County Juvenile Detention Center.
- **Prevention Programs:** The FACT program in Edwards Middle School in Brunswick
- **Prevention Activities:** In Medina, Brunswick, Buckeye, Cloverleaf, and Wadsworth.
- **H.U.D.D.L.E.:** Implemented programs in all districts.

United Way of Medina County
www.unitedwaymedina.org

- **Mental Health Professionals in Schools:** Through our Community Impact agenda, UWMC funded three program partners, allowing them to place mental health professionals within four schools: Medina, Wadsworth, Buckeye and Cloverleaf
- **E4 Youth Venture:** A youth-led, youth-created process where students combine passions and skills to solve a challenge in their community.
- **E4 Youth Summit:** Provided seed funding to two E4 teams that formed as a result of the E4 Youth Summit and continue to work with 3 additional teams from E4 Youth Summit
- **One Book, One Community:** Collaborated with Medina County District Library and many local businesses and organizations to raise funds to purchase Wonder for every 6th grader in Medina County. Wonder is an inspirational book that deals with overcoming adversity, bullying and self-esteem.



What We Have:

Medina County Assets

An asset-inventory survey was conducted from Summer 2014 - early 2015 among Medina County agencies serving youth, representing education, faith-based, health, local government, mental health, and non-profit. Responses were received from 38 organizations. These agencies' program categories and clients served are summarized on the following two pages.

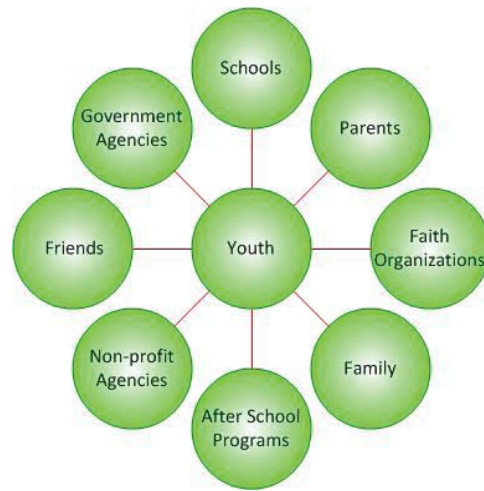
	Personal Safety Programs	Anti-Bullying Programs	Mental Health Programs	Alcohol, Tobacco, Drug Abuse Prevention	Nutrition and Exercise programs	Mentorship and Leadership	Other	Total*
Number of Programs	41	50	50	45	34	71	41	332
6-8 Graders Served	3,903	8,439	3,285	9,040	4,270	6,165	1,357	36,459
9-12 Graders Served	48,986	6,446	8,522	6,284	13,875	19,224	3,984	107,321
Parents and Families Served	26,627	357	747	458	2,250	626	303	31,368
Total	79,557	15,292	12,604	15,827	20,429	26,086	5,685	175,480

*Not necessarily unduplicated numbers

ALL schools districts in Medina County have at least one program in each category. The following is a list of programs available at schools. We encourage you to contact your child's school for more information about programs offered.

Big Brother/Big Sister	Life skills counselor	Red Ribbon
Catholic Charities	Mentoring	Root Cafe
Chatter	Mock Crash	RSVP
DARE Mentors	MS Groups	SADD
Don't text and drive	MS Leadership	Safety summit
Drug, Alcohol, Tobacco Prevention	NJHS	School Resource Officers
Extreme challenge	No Bullies No Victims	Shuddle
FCCLA (Wearing seat belt awareness program)	Peace Week	SOS
Guidance Counselors	Peer Mediation	STAMP
Health Class	Peer Mentoring	Student ambassadors
Hidden in plain sight	Peer tutoring	Students Rise Up
Huddle	Pirate block	TINA Project
Insight	Prevention Specialist	Tutoring
Internet Safety	Project Love	VOFT
Leadership	Rachel's challenge	Wise Choices-speakers from sportsworld

In addition to schools, community organizations, faith-based organizations, and government agencies provide an array of services to youth in the categories. The following grid provides a general overview of services for youth available in Medina County.



Personal Safety	Anti-Bullying	Mental Health	Alcohol, Tobacco, Drug Prevention	Nutrition, Exercise	Mentorship and Leadership	Other	
							Community
X	X	X				X	Alternative Paths
	X	X					Catholic Charities of Medina County
X	X	X	X	X			Children's Center of Medina Count
				X	X		Junior Leadership Medina County
	X	X					Medina County Catholic Charities
X	X	X	X	X	X	X	Medina County District Library
					X		Medina County Job and Family Services
X	X	X	X	X	X		Oaks Family Care Center
X			X	X			OSU Extension, Medina County
X					X		Salvation Army, Wadsworth
				X		X	SHC/The Arc of Medina County
	X	X	X		X	X	Solutions Behavioral Healthcare, Inc.
				X	X	X	Wadsworth YMCA
							Faith-Based
	X	X			X	X	First Christian Church
X					X		Holy Martyrs Catholic Church
						X	Our Lady Help of Christians Youth Ministry
X	X	X		X	X	X	St. Ambrose Parish - FIAT Youth
X	X		X	X		X	St. Martin of Tours Valley City
					X		St. Matthew Lutheran Church
							Government
X	X	X	X	X	X	X	Brunswick Division of Police
X		X	X	X			Medina County Health Department
		X	X		X	X	Medina County Juvenile Court
			X			X	Medina County Juvenile Detention Center
					X	X	Medina County Sheriff's Office

What We Know:

Programs that Work

The preceding pages highlight the programs and assets that do exist in Medina County for Youth. Living Well Medina County's goal continues to be to provide data and information to community partners to assist with their program development; not to instruct community partners what to do.

For those individuals and agencies looking for *evidenced-based programs*, we suggest **The Guide to Community Preventive Services, aka The Community Guide**, to help you evaluate or create programs that have been shown to work. The programs listed here are designed for youth and cover a wide-range of issues.

The Guide to Community Preventive Services (www.thecommunityguide.org) is a free resource to help identify programs and policies to improve health and prevent disease in your community. The Community Guide Task Force provides their findings as *Recommended, Recommended Against, or Insufficient Evidence*. Systematic reviews are used to answer these questions:

1. Which program and policy interventions have been proven effective?
2. Are there effective interventions that are right for my community?
3. What might effective interventions cost; what is the likely return on investment?

School-Based Programs to Reduce Violence - Recommended by The Community Guide Task Force

Universal school-based programs to reduce violence are designed to teach all students in a given school or grade about the problem of violence and its prevention or about *one or more of the following topics or skills intended to reduce aggressive or violent behavior: emotional self-awareness, emotional control, self-esteem, positive social skills, social problem solving, conflict resolution, or team work*. In this review, violence refers to both victimization and perpetration.

Summary of Task Force Recommendations and Findings

The Community Guide Task Force **recommends** universal, school-based programs on the basis of strong evidence of effectiveness in preventing or reducing violent behavior:

- Programs are offered in pre-kindergarten, kindergarten, elementary, middle school, and high school classrooms.
- All children in a given grade or school, regardless of prior violence or risk for violent behavior, receive the programs.
- Some programs target schools in high-risk areas, including those with low socioeconomic status, high crime rates, or both.
- Elementary school and middle school programs usually seek to reduce disruptive and antisocial behavior using an approach that focuses on modifying behavior by changing the associated cognitive and affective mechanisms.
- In middle and high school, the focus of programs shifts to general violence and to specific forms of violence, including bullying and dating violence. The interventions use an approach that makes greater use of social skills training and emphasizes the development of behavioral skills rather than changes in cognition, consequential thinking, or affective processes.

Improving Adolescent Health

As they transition from childhood to adulthood, adolescents make choices that affect their current and future health. These choices are often influenced by family members and friends as well as community, school and work environments.

Six critical types of adolescent health behavior contribute to the leading causes of death and disability among adults and youth:

1. Alcohol and drug use
2. Injury and violence (including suicide)
3. Tobacco use
4. Nutrition
5. Physical activity
6. Sexual behaviors

The following are additional interventions **recommended** by the Community Guide Task Force:

- Preventing Excessive Alcohol Consumption: Enhanced Enforcement of Laws Prohibiting Sales to Minors (February 2006)
- Reducing Alcohol-Impaired Driving: Lower BAC Laws for Young or Inexperienced Drivers (June 2000)
- Reducing Alcohol-Impaired Driving: Maintaining Current Minimum Legal Drinking Age (August 2000)
- Reducing Alcohol-Impaired Driving: School-Based Instructional Programs (October 2003)
- Home-Based Multi-Trigger, Multicomponent Environmental Interventions for Children and Adolescents with Asthma (June 2008)
- Emergency Preparedness and Response: School Dismissals to Reduce Transmission of Pandemic Influenza (August 2012)
- Prevention of HIV/AIDS, other STIs and Pregnancy: Group-Based Comprehensive Risk Reduction Interventions for Adolescents (June 2009)
- Youth Development Behavioral Interventions: Interventions Coordinated with Community Service to Reduce Sexual Risk Behaviors in Adolescents (October 2007)
- Obesity Prevention and Control: Mass Media Interventions to Reduce Screen Time (January 2008)
- Behavioral and Social Approaches to Increase Physical Activity: Enhanced School-Based Physical Education (October 2000)
- Restricting Minors' Access to Tobacco Products: Community Mobilization with Additional Interventions (June 2001)
- Violence Prevention: Therapeutic Foster Care to Reduce Violence for Chronically Delinquent Juveniles (June 2002)
- Violence Prevention: School-Based Programs to Reduce Violence (June 2005)

Guide to Community Preventive Services.

Improving adolescent health.

www.thecommunityguide.org/adolescenthealth/index.html.





1) Source of Quantitative Data:

Hospital Council of Northwest Ohio. (2012). 2012 Medina County Community Needs Assessment. Medina, OH. Commissioned by Living Well Medina County.

2) Source of Qualitative Data:

United Way of Medina County E4 Summit, 2014 and Youth Asset Inventory 2015 prepared by The Public Services Institute of Lorain County Community College

3) Youth Report developed by:

Medina County Health Department, July 8, 2015

The Medina County Health Department coordinates Living Well Medina County (LWMC) activities, including facilitation of LWMC Steering Committee and quarterly Stakeholder meetings. The goal is for community participation from individuals, social services agencies, schools, hospitals, and businesses.

Please contact us at 330-723-9688, option 5, if you have any questions.

Meeting information, reports, and data about
Medina County health indicators can be found at:
<http://medina.oh.networkofcare.org/ph/>

Reports can also be found at:
www.medinahealth.org under Health Information